

LISTING OF THE CLAIMS:

Claims 1-9 (Presently cancelled.)

Claim 10 (New) A method of ultrasonically cutting off the blood supply to a uterine fibroid, comprising the following steps of:

- 5 a) providing an ultrasonic transducer configured to emit focused high intensity ultrasound energy;
- b) pre-selecting one or more tissue treatment sites located on the uterine fibroid whereby necrosing the tissues at the one or more tissue treatment site will decrease the blood supply to the uterine fibroid.

10 Claim 11 (New) An efficient heating method using high intensity ultrasound energy comprising the following steps:

- a) providing an ultrasound transducer configured to emit focused high intensity ultrasound energy;
- b) determining a tissue treatment zone;
- 15 c) energizing the ultrasound transducer to cause pre-focal heating at the tissue treatment zone;
- d) re-energizing the ultrasound transducer to cause necrosis at the tissue treatment zone.

Claim 12 (New) The method of claim 11 wherein the pre-focal heating of the tissues causes
20 temperature of the issue to increase to about 50°C.

Claim 13 (New) The method of claim 11, wherein the pre-focal heating of the tissue treatment zone improves efficiency of the overall treatment.